

LifeMatters® 2017 PROMOTIONS

	ELECTRONIC PROMOTIONS*	QUARTERLY PROMOTIONS*	LifeMatters® WEBINARS	WORKLIFE WEBINARS
January	<ul style="list-style-type: none"> – Simplify – Improving Digestion 			Vision Boards: Creating the Life You Want
February		<ul style="list-style-type: none"> – Domestic Violence – Internet Safety – Retirement Planning 	Breaking the Habit of Procrastination	Building Good Credit and Improving Your Credit Score
March	<ul style="list-style-type: none"> – Managing Change – Conflict Resolution 			Respect at Work
April	<ul style="list-style-type: none"> – Alcohol/Drug – Grief and Loss 			Sandwich Generation: Strategies for Multi- Generational Caregiving
May		<ul style="list-style-type: none"> – Suicide Awareness – Happiness – Estate Planning 	Getting Along with Your Co-Workers	Safe and Stress-Free Summer
June	<ul style="list-style-type: none"> – Reducing Anxiety – Balancing Work and Family 			Turning Negatives into Positives
July	<ul style="list-style-type: none"> – Communication – Bringing Out the Best in Your Life 			Preventing Burnout: A Balanced Life Check-up
August		<ul style="list-style-type: none"> – Leadership – Stress Management – Social Security Benefits 	Teaching Children to Make Wise Decisions	Highs and Lows of Back to School
September	<ul style="list-style-type: none"> – Parenting – Resilience 			What We Need to Know About Diabetes
October	<ul style="list-style-type: none"> – Depression – Flu Season 			Eating Through Celebration
November		<ul style="list-style-type: none"> – Diversity – Smoking Cessation – Finances 	Keeping Calm Under Pressure	Holiday Budgeting
December	<ul style="list-style-type: none"> – Holidays – Elder Care 			Winter Wellness

* Topics subject to change.

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